



Emory Wellness Wednesday
NEWSLETTER
 Volume #9
 June 3, 2020
[GYN/OB Wellness Webpage](#)



RACE AND MENTAL HEALTH

Happy Wednesday and welcome to the June Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: [The Wellness Committee](#)

PERSPECTIVES ON RACE

- [Prioritizing Physician Mental Health](#)
- [Emory Professor of Medicine Dr. Manning's The Nod, Perspective in the time of COVID](#)
- [ACOG, In Solidarity message](#)
- [SMFM racism statement](#)
- [AMA warns against xenophobia, racism](#)
- [AMA Police brutality must stop](#)
- [NMA Calls for Comprehensive Reform](#)

For more personal perspectives follow [#MedTwitter](#), watch [Bryetta](#) and read opinion [Your Black Colleagues Aren't Okay](#)



EMORY UPDATES



[Emory Solidarity Vigil](#) June 5 at 4 pm

[Emory Lifestyle and Medicine Wellness](#) offers a 5-pillar whole-body approach to wellness

[The Whole Health Cure](#) Podcast by Dr. Bergquist

HEALING

Through Education

Yale's free [The Science of Well Being Course](#)

Emory's [Compassion Training](#)

Through Meditation

Deepak Chopra's [Creating Abundance](#)

[21 Day Challenge](#)

[Calm](#) & [Headspace](#)

SOCIAL MEDIA MENTAL HEALTH TIPS

1. Control your feed
2. Monitor your screen time and set limits
3. Set self-care goals
4. Find time for daily meditation
5. Take a social media break
6. Subscribe to positive podcasts
7. Ask for help when you need it



"Reduce stress with a simple 4-7-8 breathing technique. Inhale for a count of four, hold it for a count of seven, and exhale for a count of eight. Repeat and re-energize!"

KUDOS!!!

- **Congratulations to our outgoing chief residents, Drs. Hattink, Robertson and Rondon, and incoming chief residents, Drs. Kellerhals, Krishna and Vuncannon!**
- **Kinsey McMurtry and Leslie Brown For all their tireless work behind the scenes ensuring that our Department continues to work! Thank you so much!**

Submit kudos to members of the [GYN/OB Department here](#)



ANTI-RACISM RESOURCES



Organization	Highlights	Website
Showing up for Racial Justice	Resources for promoting racial justice	showingupforracialjustice.org
The Southern Poverty Law Center	Teaching Tolerance curriculum for schools	Splcenter.org
The Anti-Defamation League	No Place For Hate curriculum	ADL.org
The American Civil Liberties Union	Racial Justice Program	https://www.aclu.org/issues/racial-justice
Black Lives Matter	Racial Justice Organization	Blacklivesmatter.com

Suggested Books	Brief Description
<u>This Book is Anti-Racist by Tiffany Jewell</u>	Ages 8+. A quick and easy read that helps explore the definition and origins of racism and how to be an anti-racist
<u>It's Trevor Noah: Born a Crime: (Adapted for Young Readers) by Trevor Noah</u>	Ages 10+. He also has an adult memoir, Born a Crime: Stories from a South African Childhood.
<u>How to be an Anti-Racist and Stamped from the Beginning by Ibram X. Kendi, PhD.</u>	Both excellent books about the origins of racism and the proactive things we can do to combat it
<u>White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DeAngelo</u>	Discusses unconscious bias and intentional racism, by Caucasians when challenged to address their own racism.



WE ARE IN

THIS TOGETHER